

Holderness Recreation  
PO Box 203  
Holderness, NH 03245

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Registration Information

Online Registration is now available for most of our programs. Simply visit [www.holderness-nh.gov/department-recreation](http://www.holderness-nh.gov/department-recreation). Here you will find the link to the online system. Program fees and registration forms must be completed prior to the sign-up deadline. If class minimum is not met, class may be cancelled. Registration forms are at the Holderness Town Hall and on the web at [www.holderness-nh.gov](http://www.holderness-nh.gov). Please make checks payable to: Holderness Recreation and mail to PO Box 203, Holderness, NH 03245. For further information contact Wendy Werner, Recreation Director at 968-3700, [recreation@holderness-nh.com](mailto:recreation@holderness-nh.com).

SummerEscape Preview



6.5 weeks of summer fun  
Ages 5—12yrs, 8—4:30pm  
We are so excited to welcome back staff and participants for the 2022 summer.  
Small group and all camp activities, field trips, special guests, special events and so much more.

Registration will be open from 3/15-3/30 for Holderness Residents only. Non-residents may register starting 3/31

We are working hard to plan a safe, fun and very busy summer for our participants and staff to enjoy. Our calendar will be full of theme weeks, water days, GaGa court, Arts & Crafts, Sports, Dance Parties, Field Trips and the list goes on.

<b>Program Dates:</b>	Week 4 7/11-7/15
Week 1 6/22—6/24	Week 5 7/18-7/22
Week 2 6/27-7/1	Week 6 7/25-7/29
Week 3 7/5-7/8	Week 7 8/1-8/5

Schedule is subject to change depending on school release dates. Registration information will be emailed through the school and available on the recreation web site. We can't wait to see you!



12<sup>th</sup> Annual StoryWalk™



Join Holderness Recreation, Squam Lakes Natural Science Center, and the Holderness Free Library as we join forces again in collaboration with MVSB to bring you StoryWalk™.

**The Bugliest Bug:** All of insect land is abuzz with news of a big contest. The demure Damsfly Dilly -- "neither clever nor frilly" -- has no thoughts of winning, but she's curious to see who will. This fun story will have you cheering for all of the insects.

Kick off Event—Friday, June 24<sup>th</sup>  
10—11:30am  
Crafts, Snacks and Insect Display's will be available

StoryWalk™ starts behind the Curry Place Gazebo. The terrain is uneven so please wear appropriate footwear. It is accessible at no charge from June 24<sup>th</sup> - Labor Day. There is limited parking available behind the post office.

ATTENTION HOLDERNESS RESIDENTS

KINDERGARTEN REGISTRATION

If you have a child that will be 5 on or before September 30, 2022 please contact Ann McKenney at Holderness Central School via email at [amckenney@pemibaker.org](mailto:amckenney@pemibaker.org) or telephone 603-536-2538



Holderness Recreation Department's  
Spring 2022 Program Guide



4 wk Drumming Class  
with Jared Steer



We are very excited to be able to offer this unique opportunity to Holderness & surrounding communities

During his career, Jared has had the pleasure of playing a variety of venues around the country, ranging from the Hatch Shell in Boston, to the Lincoln Center and Symphony space in NYC, to live Sirius Radio performance in Washington DC. In addition to his busy performing schedule, Mr. Steer is a sought-after drum set/percussion instructor. Since 2001, he has maintained a full roster of private students at schools such as The Manchester Community Music School, New Hampton School, Inter-Lakes High School, Sant Bani School, Holderness Prep School, and his home studio in New Hampton.

Mr. Steer strives to provide his students with a solid education in the fundamentals of drumming while maintaining an atmosphere of fun.

**Where:** Holderness Town Hall  
**Cost:** \$75 per person maximum is 10 people  
**Who:** All ages and levels  
**When:** April 2<sup>nd</sup>, 9<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup>  
**Time:** 11:30am – 12:15pm

Please register and pay by March 28<sup>th</sup>

Beginner Photography  
with Nicole (Nicki) Modestino



About Your Teacher

Nicki is a local portrait and nature photographer who is professionally educated and self taught. She is excited about teaching others about the technical and artistic aspects of photography. The class will study the functionality of all the buttons on your digital SLR camera, how to compose a great photograph and how to use available light.

Class topics include:

- ♦ **Aperture**—Learn the basics of light and exposure
- ♦ **Lenses**—Learn which lens to use and how
- ♦ **Camera Basics**—Learn what all the buttons on your camera do and how to take a great photograph

Join Nicki and Holderness Recreation on this 4-week adventure to learn how to properly work your camera and produce the type of work that may even bring you a little extra income.

**Who:** Ages 16+ preferred  
**When:** Sunday evenings May 1<sup>st</sup> to May 22<sup>nd</sup> 6-7:30pm  
**Where:** Holderness Town Hall  
**Cost:** \$105 per person—10 person max.  
**Equipment**—Please bring a Digital SLR Camera

Please register and pay by April 27<sup>th</sup>.

Art Classes with Jodi Mercer

We are very excited to be working with Jodi to bring you these unique opportunities. Jodi is the Art Teacher at the Holderness Central School.



Meditative Arts (Adults)

Whether you want to become more mindful, calmer, more focused, or simply find new ways to develop your art practice this 6 week session will explore meditative art practices and a serene spot to practice them. **Reg. by April 4<sup>th</sup>.**  
**When:** Wednesdays from 2-3:15pm  
**Dates:** 6 Week Session April 6<sup>th</sup>—May 18<sup>th</sup>. (no class 4/27)  
**Cost:** \$115 materials included (3 minimum 10 max)

Art Engineers (1<sup>st</sup>-5<sup>th</sup> grade)

Welcome to all 1<sup>st</sup>-5<sup>th</sup> grade students with a love for either science, technology, engineering, art, or math! This art engineering class is about discovering and creating ingenious ways of problem-solving, integrating principles and presenting information, while getting a little messy, a little arty, and having lots of fun! **Reg. by April 4<sup>th</sup>.**  
**When:** Wednesday from 3:30-4:30pm  
**Dates:** 6 Week Session April 6<sup>th</sup>—May 18<sup>th</sup>. (no class 4/27)  
**Cost:** \$95 materials/snack included (3 minimum 10 max)

Family Paint Nights

Join us for a fun family creative night to paint a collaborative family tree. All ages welcome! Work together crafting a beautiful tree with each canvas working together.  
\*note: you do NOT need a partner for this class. Singles welcome! **Please register by March 21<sup>st</sup> & May 9<sup>th</sup>**  
**When:** Saturday's from 4-6pm  
**Dates:** March 26<sup>th</sup> or May 14<sup>th</sup>  
**Cost:** \$30 first person, \$25 addtl family member(s) (16 person max)



Classes are held at Holderness Town Hall



Summer Concert Series

We are planning to bring concerts back to the Holderness Gazebo this summer. Concerts will be on Thursday nights from 6—7:30pm. Information on sponsorship opportunities will be available in March. Please contact Holderness Recreation if you would like more information.




Holderness Recreation Board Members

Tom Stepp, Chairperson  
George ‘Biff’ Sutcliffe, Secretary  
Janis Messier  
Nate Fuller  
Jenny Evans  
Adar Fejes



The board meets once per month to provide input on the recreation and beach budgets, policy & procedure, and review programs.




Early Bird Exercise with Anne Packard

Come out and join us for a great eye opener at a great price with great people. Our workout will incorporate hi/lo impact workouts, step aerobics & free weights. Spring class schedule will be Mon., Wed., and Fri. from 6—7AM. \$50 (12wk session)  
**Location:** Holderness Town Hall

Pre-registration is required


Free Backcountry Family Camping on Squam Lake



Squam Lakes Association is offering the following dates and campsites for camping to full-time residents of Ashland, Center Harbor, Holderness, Moultonborough, Sandwich, Campton, Meredith, and New Hampton. Participants are responsible for camp supplies & meal planning and adults must supervise children. For more details please visit [www.squamlakes.org/camp](http://www.squamlakes.org/camp). Sites must be reserved 2-weeks in advance by emailing [camping@squamlakes.org](mailto:camping@squamlakes.org)

Available dates and sites.

May 21- Bowman #4: (12 person max) has 3 raised 10x16 wooden platforms  
June 11- Wister #1: (12 person max) has 3 raised 10x16 wooden platforms  
July 9- Wister #3: (6 person max) has no platforms  
August 21- Moon #3: (6 person max, no dogs) has no platforms  
September 17- Moon #1: (12 person max, no dogs) has 3 raised 10x16 wooden platforms



Give the Gift of Recreation


to someone in need by giving to our scholarship fund.

This fund is used to offset program fees for families / participants that may not be able to afford a program on their own.

You may send checks made out to Holderness Recreation, with a note that it is for the Scholarship Fund. You can also donate through our online registration portal.

We greatly appreciate donations of any size. Thank you for your support!

Yoga with Shannon VanSickle



When: Wednesday’s & Friday’s through the end of June

Where: Holderness Town Hall


Time: 9am

Cost: 6-class punch card for \$60 or \$12 per class drop in.

Shannon VanSickle has been practicing yoga for 8 years. She has had the privilege of teaching kids classes, all-level classes, chair yoga and private sessions. Shannon focuses her classes on the needs of each individual, making her classes enjoyable to the beginner and advanced student. All yoga classes focus on meditation, breath work and a sequence of stretching that allows students to learn to connect mind, body, breath and spirit.

Pre-registration and payment is required  
Classes are ongoing through June with some blackout dates.

Swimming Lessons with Kelsey



Kelsey is back for another year of Awesome Swimming Lessons! Kelsey has been a certified lifeguard and swim instructor for over a decade. Her passion for teaching in the water is the driving force behind helping little ones build great life skills.

Dates: July 11<sup>th</sup>-13<sup>th</sup>, July 18<sup>th</sup>-20<sup>th</sup>, July 25<sup>th</sup>-27<sup>th</sup> & Aug. 1<sup>st</sup>—3<sup>rd</sup> (12 classes)

Who: Ages 4+

Cost: Resident is \$90 Non Resident is \$95

Time: Classes run between 9:20-12:30


Where: Holderness Town Beach

Class Layout: Classes will run for three days a week for 4 weeks this summer.

Level 1—Water acclimation -Class will focus on putting faces in the water, blowing bubbles, floating, gliding, supported kicking, alternating and simultaneous arm actions, combining arms and legs on front and back, turning over, jumping and safety skills. Usually ages 4+

Level 2—Primary Skills  
Class will focus on: flutter kick, finding body balance, rhythmic breathing, front & back floats and glides, jumping and sitting dives, front crawl introduction, finning and sculling on back, back crawl introduction, side swimming introduction and safety skills.

Tennis 2022




At time of print - unfortunately our tennis program is on hold. Peanut Butter Bill will not be joining us this summer, but we hope to see him in 2023.  
We wish him all the best.


We are looking for a Tennis Pro for the summer, so if you or someone you know fits that description, please get in contact with the recreation office, we would love to hear from you!

Help

Wanted



Tai Chi



Tai Chi is a martial art designed to improve health and reduce tension. The slow, graceful movements promote balance and overall vitality. Tai Chi builds strength, endurance, coordination, memory and confidence. Tai Chi originated in China and is practiced worldwide to enhance overall health and wellbeing.

Instructor: Darcy Cushing  
Darcy has been practicing Tai Chi Chuan for 27 years and in 1994 began studying directly with Grandmaster Tung Kai-ying, a third generation Tai Chi Master whose lineage can be traced back to the origins of Tai Chi Chuan. Darcy has taught classes in Plymouth, Ashland, Campton and Lincoln for more than 20 years, which includes 14 years of teaching at Plymouth State University.


When: Wednesday’s from 5:30—6:30 pm

Dates: Spring Session Mar. 30<sup>th</sup> to May18<sup>th</sup>

Where: Holderness Town Hall

Cost: \$80 (8 week series)

Level 3-6 Combined



Child should be able to swim on their front and back for 15ft without stopping. Child is comfortable putting face in the water and can rhythmic breathe 10 times consistently


The schedule offered is based on the classes that have been the most popular. We may add classes if the popularity of levels changes.

Final classes that run will be the ones with the most registrations. If the class that you register for does not run, you will be issued a refund.

Registration opens on April 15<sup>th</sup>. More info. can be found on the Recreation page of the Town website or by emailing the office at [recreation@holderness-nh.gov](mailto:recreation@holderness-nh.gov)

Level 3—6 combined	9:20-9:50
Level 1—no swim experience	10-10:30
Level 2	10:40-11:10
Level 1—some swim experience	11:20—11:50
Level 2	12:00—12:30

Zumba Chair with Maureen Salvoni



Zumba Chair is a fun easy 5 wk, 45 min. workout in a chair for adult men and women ages 18+. We start with a brief warmup, then 30 min. of light weight lifting exercises (students can exercise with or without weights), and finally several fun dances in the chair. For the weights I recommend 1 to 2 lbs. (students should bring weights or they can use water bottles - There are several weights available). Folks can pace themselves, they can exercise both upper and lower body or one or the other as they wish.

The class has fun accompanying music. Please bring drinking water and a small workout towel. This is a great workout for someone returning to exercise or anyone interested in healthy physical activity. Please consult your doctor if you have a medical condition prior to taking the class. Masks are optional.

When: Thursday and / or Fridays from April 14<sup>th</sup> to May 13<sup>th</sup>.

Where: Holderness Town Hall


Time: 5 - 5:45pm. Sign up for 1 or both classes per week

Cost: \$8 per class or \$35 for 1 class/wk, \$70 for 2 classes/wk

Thank you for your interest in my class! I so look forward to meeting you! - Maureen Salvoni

Maureen is certified in Zumba & Zumba Gold including Zumba Chair. She has experience as an instructor, a dancer and performer in the Boston, NH and Florida areas. She has a passion for bringing joyful movement and good health to people of all generations.

Personal Story Workshops



Peggy Rosen (personal historian, memoirist, ghostwriter, certified Guided Autobiography Instructor) invites you to explore and write your personal stories. You don't have to be "a writer" to participate. These are not classes for learning how to write. They are intended for everyone, regardless of writing skill or experience.

“Legacy Letter” Workshop  
Also known as an “Ethical Will” or “Forever Letter,” this non-legal document creates a lasting legacy beyond possessions or financial wealth. Legacy letters express personal beliefs, values, life lessons, and perspectives gained in one’s life.

This single-session, 1.5-hour workshop will help you to identify and begin to write what you want to pass along, “what matters most” to you. Legacy letters can be written at any stage of life, often a beginning, not an end, of life story.

Date: Tuesday, March 22<sup>nd</sup>

Time: 6:30 pm to 8:00 pm

Cost: \$25 per person, Min. of 2 and max. of 8 people

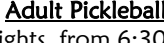
“Write Your Story” Workshop  
In this single-session, 2 hour workshop we’ll explore reminiscence and story-telling, tailoring your life story and memoir writing to purpose and intention, using prompts and props as "memory grabbers", and have fun with drafting a piece of personal story.

Date: Tuesday, March 29<sup>th</sup>

Time: 6:30 pm to 8:30 pm

Cost: \$35 per person, Min. of 2 and max. of 8 people

Adult Programs at the Holderness Central School



Adult Pickleball

Wednesday and Friday nights, from 6:30-9pm. Ages 18+. Recreational play, all levels welcome. \$5 for the season.

Adult Badminton

Thursday nights, from 7-9pm. Ages 18+. Recreational play, all levels welcome. \$5 for the season.

Family Easter Trail Hunt





Easter Weekend April 16<sup>th</sup> & 17<sup>th</sup>

During Daylight hours

At the Holderness Town Forest, located on Beede Rd next to the Highway Department.

Holderness Residents are invited to explore one of Holderness’ hidden gems, the Town Forest. Join us to walk or hop along the 2 mile trail, find the elusive tree eggs and decipher the clues to find the answers to our trivia. Participants will be entered into a drawing for a unique Easter Gift.

Here Comes Peter Cotton Tail

This is a **FREE** event

Hoping Down the Bunny Trail

The terrain is uneven so please wear appropriate footwear. Not appropriate for strollers.

**Parking is very limited. & a reservation is required for this event.**  
**You can register through Holderness Recreation at [www.holderness-nh.gov/departments-recreation](http://www.holderness-nh.gov/departments-recreation)**

A Taste of GAB



This 2-hour, single session workshop serves as an introduction to the Guided Autobiography (GAB) method of writing and sharing personal stories in a small group. Participants will learn about the origins of GAB, it’s purpose, benefits, and structure - using universal life themes to prompt meaningful memories and story ideas, writing personal stories, and sharing them in a series of small group sessions. The workshop is interactive and participants will actively use the GAB method in this session. This workshop allows participants to sample an abbreviated form of the GAB model in a single session.

Date: Friday, March 18<sup>th</sup>

Time: 6:30-8:30pm

Cost: \$30 per person, Min. of 2 and max. of 8 people

“Guided Autobiography” (GAB) Course

GAB provides a structured format for a small group of participants to engage in a series of sessions that explore personal stories in the context of universal life themes, such as Branching Points, Family, Work/Career. Outside of class, each participant writes a brief (up to two pages) personal story related to the week’s theme, then shares it by reading aloud to the group. GAB classes are designed to provide a confidential, non-judgmental, supportive, and encouraging space for discovery and sharing of life stories.

4-Week Guided Autobiography Course

When: Friday’s March 25<sup>th</sup>—April 15<sup>th</sup>

Time: 6:30-8:30pm

Cost: \$70 per person for 4 sessions maximum of 6 participants

Classes are held at Holderness Town Hall

Adult Volleyball



Tuesday nights from 7—9pm. Ages 18+. Recreational play all levels welcome. \$5 for the season.

Adult Basketball

Monday nights from 7—9pm. Ages 18+ \$5 for the season.

You must pre-register for these programs through the Recreation department, or online.